



Dear PJ Together Experience participant,

We are delighted that you are bringing the *Becoming a Soulful Parent: A path to the wisdom within* book into your home and to share with those you care about.

The book is a combination of my own first-person storytelling, Jewish wisdom and questions for reflection in the *Ayeka workbook*. Each element of the book is important in its own way. I write about the challenges and joys of parenthood as an invitation for all of us to deepen our connections with each other by speaking openly and honestly about the challenges and joys in our own families. I bring insights from Jewish wisdom and general culture as a way of giving us all the sorely needed perspective and inspiration we need to move through our lives raising our children day-by-day, especially during a pandemic. And while I write about my own life, the book is really about *all* of our lives. The *Ayeka workbook* sections are at the core of the book and invite each of us to discover insights about our own parenting that we may not give ourselves the time or space to reflect upon. I hope you will write down your responses to these questions or speak them aloud and discuss them with other parents. They are keys to opening windows into your inner life.

The topics in the book all pivot around strengthening our relationships; between parents and children, between siblings, partners, and across the generations. Two chapters on prayer and Shabbat help anchor us in rituals that can center and guide us. An additional chapter about Parenting through Difficult Times relate to our current reality.

How to use the *Becoming a Soulful Parent* book:

- You are invited to read the book chapters that seem most relevant to you now.
- Mark which *Ayeka* questions you would like most to reflect on and take some time to write down your responses.
- Bring a few of your closest friends together (on Zoom or otherwise) and find a time to read the sections from the book that animate you and reflect on your responses to the open-ended questions together.

What I have learned the most this year is how important it is for us to be in community, to share the real stories of our lives and to seek out wisdom from an earlier time.

Warmly wishes for a meaningful journey ahead,

Dasee Berkowitz

Author, *Becoming a Soulful Parent: A path to the wisdom within*

Ps. Please stay in touch! You can always find additional resources at soulfulparent.com.